



# BREAKFAST MENU



Breakfast is Free | Menu is subject to change | For more information, contact [hmielnicki@oneida-boces.org](mailto:hmielnicki@oneida-boces.org)

## December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Fruit Frudel!	02 Assorted Cereal Bars	03 Nature Valley Oatmeal Round
06 Assorted Whole Grain Muffins	07 Breakfast Sandwich	08 Snackin' Waffles	09 Mini Cinni	10 Whole Grain Chocolate Chip Muffin Top
13 Whole Grain Bagel with Cream Cheese	14 Breakfast Pizza	15 Pancake Sausage Stick	16 Assorted Cereal Bars	17 Nature Valley Oatmeal Round
20 Assorted Whole Grain Muffins	21 Snackin' Waffles	22 Mini Cinni	23 Winter Recess- No School!	24 Winter Recess- No School!
27	28	29	30	31

# WINTER RECESS!

### Available Daily

- Whole Grain Toast- 1 or 2 slices as an entrée
- Yogurt – 1 with or without 1 slice of toast as an entrée
- Assorted Cold Whole Grain Cereals
- Fresh Fruit
- Chilled Fruit Juice
- Ice Cold New York State Milk

**Students can select 1 or 2 grains, milk and 1-2 fruits for a complete breakfast!**

### Local Items this Month:

Milk, Yogurt, Butternut Squash, Apples, Potatoes, Carrots, Cauliflower, Meatballs, Hot Dogs, Black Beans.